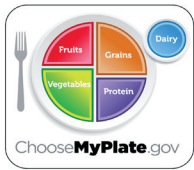


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VIDALIA ONION AND TOMATO SALAD WITH GRILLED TUNA

Sweet Vidalia onions come into season in mid-April. Pair them with tomatoes for this light summer salad that's topped with grilled ahi tuna. Perfect for a backyard luncheon.

Preparation time: 30 minutes
Serves: 4

INGREDIENTS:

Dressing

- 1½ tbsp olive oil
- ¼ cup lemon juice, fresh or bottled
- 2 tsp white wine vinegar
- 1 tsp Dijon mustard
- ¼ tsp salt
- ⅛ tsp black pepper
- ¼ tsp thyme
- ¼ tsp marjoram

Salad

- ½ lb ahi (yellowfin) tuna steak, fresh or frozen
- ½ tsp olive oil
- ½ Vidalia onion, thinly sliced
- 2 tomatoes, cut into wedges
- 1 large head lettuce (Boston, Bibb, or Romaine), washed, dried, and torn into bite-size pieces

DIRECTIONS:

1. Heat grill.
2. Whisk together dressing ingredients in a small bowl.
3. Cut tuna into 1" chunks and skewer and place on two-three 3" skewers; brush lightly with olive oil. Season lightly with salt and pepper.
4. Grill skewered tuna until fish is opaque and flakes with a fork (145 °F); remove from grill.
5. In a large bowl, toss dressing with all vegetable ingredients. To serve, divide salad on four individual plates; top with tuna.

Serving Suggestions:

Serve with an 8 oz glass on non-fat milk and a slice of whole-grain bread.



Food Group Amounts

Dairy	--
Fruits	--
Vegetables	1¼ cup
Grains	--
Protein	2 oz

Nutrition Facts

Serving Size (351g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 260mg **11%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 6g

Protein 16g

Vitamin A 30% • **Vitamin C 35%**

Calcium 4% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



United States
Department of
Agriculture

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Center for Nutrition Policy and Promotion

